

Fruit Smoothie

1 cup fresh or frozen fruit
(strawberries, peaches,
bananas, or a mixture
of fruit)

½ cup low-fat vanilla yogurt

1 tablespoon apple juice
concentrate, undiluted

Nutty or nugget-type cereal

Place fruit, yogurt, and apple
juice concentrate in blender;
blend until smooth. Pour into
a glass; sprinkle cereal on top.
Makes 1 serving.



10 ways to get your child to eat more fruits and vegetables



Remember, your kids are watching what you eat —
set a good example.

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1 Let your kids help.

Kids will usually try something they helped prepare. Let your kids tear lettuce, peel carrots, snap beans, shake salad dressing, wash potatoes, stir and pour.

2 Soup up your meals.

Soups are a great way to add vegetables to your child's day.

3 Drink it.

Try different combinations of fruits or vegetables in your blender. Add a little low-fat milk or yogurt for a tasty, healthy shake.



4 Freeze it.

Pour 100 percent fruit juice into small molds or ice trays. Cover with foil, cut a small slit, stick an ice cream stick or spoon inside, and freeze.

5 Skewer it.

Skewer a variety of fruit on ice cream sticks and serve as a colorful snack.



6 Dip it.

Serve raw vegetables along with low-fat dressing, low-fat yogurt, melted cheese, guacamole dip, or even peanut butter.

7 Stir-fry it.

Heat a little oil in a skillet or wok. Chop up and add any of your favorite veggies.

8 Hide it.

Add shredded or cut-up vegetables to favorite foods. Try zucchini or carrots in spaghetti sauce, spinach in burgers or meat loaf, even broccoli on pizza.

9 Chart it.

Make a colorful chart for your kids. Let your kids use stickers or checks to chart their progress toward eating more fruits and vegetables.

10 Set an example.

Don't just tell your kids what to eat, show them.

Try These Recipes



Simple Vegetable Soup

- 1 16-ounce bag frozen mixed vegetables
- 1 15-ounce can beans (kidney, pinto, or red)
- 1 15-ounce can corn
- 1 15-ounce can tomatoes, chopped
- 1 cup chicken broth
- Chili powder, salt, and pepper to taste

Pour vegetables, beans, corn, tomatoes (do not drain), and broth into large saucepan. Sprinkle with chili powder, salt, and pepper. Heat thoroughly. Makes 6 servings.

Variations:

Add 1 pound cooked lean ground beef or cooked, skinned, boned, chopped chicken.



Quick Stir-Fry

- 1 tablespoon olive oil
- 1 pound chicken (or other lean meat), skin and bones removed, washed, and chopped into strips or cubes
- 1 green pepper, seeds removed and chopped finely
- 4 carrots, peeled and cut into thin strips or diced
- ½ small cabbage head, chopped into thin strips
- 2 tablespoons soy sauce

In a wok or large saucepan, heat oil. Add chicken or other meat and stir-fry 3–4 minutes. Remove meat from pan. Add green pepper and stir fry about 1 minute. Add carrots and stir fry about 2 minutes. Add cabbage and soy sauce and stir-fry for 2 minutes. Add cooked meat back in and stir-fry an additional 2–3 minutes. Serve immediately, with rice. Makes 6 servings.

Variations:

Use other vegetables, such as broccoli, cauliflower, mushrooms, celery, onions, etc.

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